



BOOST YOUR PROTEIN INTAKE

Increasing your daily protein intake without overdoing it on calories and carbohydrates can be a difficult task, but with the snack options listed below, you'll be able to do just that.

Egg whites: One egg white contains approximately four grams of protein and less than 20 calories. Toss some peppers, onions and tomatoes in the pan too for a nutritious, protein-rich snack.

Peanut butter: One tablespoon is about four grams of protein, eight grams of fat and 94 calories. Spread it on celery sticks or a slice of bread or add a spoonful to your smoothie.

Oatmeal: One packet of instant oatmeal has about five grams of protein, 105 calories and two grams of fat. To spice it up, add some cinnamon or fruit.

Turkey: Turkey breast is a great way to get protein without worrying about fat content. A 4-oz. serving of lean turkey breast contains more than 20 grams of protein. On the flip side, turkey is high in sodium, so choose a low-sodium version or eat it in moderation.

Tuna: Tuna contains approximately 25 grams of protein per can, and it has approximately 111 calories and is fat-free. Try to resist adding a lot of mayonnaise to your tuna.

Lentils: Lentils are a great way to get a protein boost. One cup of contains approximately 230 calories, one gram of fat and 18 grams of protein.

Cottage cheese: A half cup of 2% cottage cheese contains about 16 grams of protein, 102 calories and two grams of fat. Try mixing in some fresh fruit to liven it up.

Protein bars: Protein bars are without a doubt a high-protein snack, but try to avoid brands that have a high carbohydrate and fat content.

Smoothies: You can add protein powder to your favorite homemade smoothies for a healthy snack.

Beef jerky: On average, one ounce of beef jerky contains about 11 grams of protein, 70 calories and one gram of fat. Visit health food stores to find healthy beef jerky with low sodium content.

Tofu: Four ounces of reduced fat tofu contains more than 10 grams of protein and 4 grams of fat. While tofu is tasteless on its own, it has the ability to absorb the flavors of whatever other ingredients you cook it with.

DON'T FORGET TO STRETCH!